



## Editorial

The second EuJIM issue of the year 2010 opens with a lead article on professional treatment in the context of medical pluralism. Medical professionalism has been increasingly debated during recent years with particular focus on the principles for successful patient/physician relationships. The present article extends these discussions under the premises of integrative medicine, i.e. coexistence of conventional and complementary/alternative medical approaches. The authors including the president of the German Medical Association are founders of the German and the European Dialogue Forums on Pluralism in Medicine devoted to promote dialogue between different medical approaches and to foster integrative medicine. In the present article they propose professional standards for science and pluralism, evaluation, and competence.

Prof. Robinson et al. investigated whether sleep improvement as a result of autogenic training can be used as potential indicator of effectiveness for patients with chronic health problems. Although it is relatively difficult to objectively assess sleep changes the results suggest that sleep improvement irrespective of whether insomnia was the main complaint could be considered as outcome parameter in study on autogenic training.

Dr. Orange et al. report two interesting patient cases of sustainable tumor regression in cancer patients treated with mistletoe. Unexpectedly, total clinical remission was achieved in both patients without additional treatment.

Dental medicine has an important potential role in integrative medicine. Dr. Lechner and W. Mayer have experienced possible associations between oral health and chronic inflammatory diseases in their practice. In the present study they examined the role of immune messengers in "Neuralgia inducing cavitational osteonecrosis" (NICO) in jawbone and their systemic

interference. The findings are an exciting basis for further examination as NICO appears to come in the disguise of very different symptoms.

In addition, this issue includes three papers on the study of different plant extracts and their effects in animal models which in the future will hopefully provide a basis to investigate their application in the treatment of human patients. Diabetes and obesity are major disorders in industrialized societies and are increasingly causing health threats of epidemic proportion. Therefore, the approach of Ansarullah and colleagues to use *Oreocnide integrifolia* Miq leaf water extracts in the treatment of insulin resistance and hypertension appear very interesting for integrative medicine approaches. Chauhan and colleagues examined the effects of rasayan-plants traditionally used in ayurveda on the hormone levels of FSH, LH and testosterone. Elevated levels of reproductive hormones were measured in the rat blood. Finally, Sathiyarayanan et al. studied the in vivo and in vitro antioxidant activity of differently obtained extracts of *Bacopa monniera* Linn. The findings are interesting and promising in the rat model.

We hope you will enjoy the articles of the present EuJIM issue, are grateful for your interest, and look forward to further submissions of your innovative work.

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